LMP

LOCAL • INDEPENDENT • MUSIC • PEOPLE • VARIETY • MAGAZINE

VOLUME 1

FREE BONUS

PAPERCRAFT
+
STICKER

FEATURING

ART + PHOTOGRAPHY
ILLUSTRATIONS
COMICS
RECIPES
REVIEWS
PRANKS
HOROSCOPES
...and so much more!

AFTERLIFE ADVICE with
GAB THE DEMON

L.I.M.P. magazine was created and printed on stolen and unceded land. We respect and acknowledge the Traditional Custodians of Dharawal Country, Elders past and present, and extend that respect to other Aboriginal and Torres Strait Islander people. We recognise and appreciate their deep connection to this land, waters and the greater community.

L.I.M.P.

We are L.I.M.P. Magazine (Local Independent Music People) created by

Jess
@super_redhead

Corey
@cattidalwave

@limpzine

L.I.M.P. is a small collective of creative friends who want to showcase local talent around their respected local areas.

Each issue will feature bands, artists, and really anything we personally find interesting.

L.I.M.P's mission is to entertain and provide a fun quirky look behind the scenes of YOUR local area.

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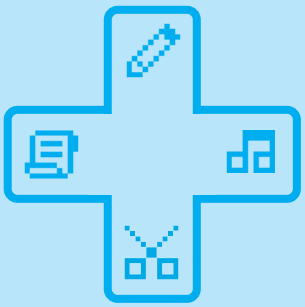
CALL

CONTRIBUTE TO

L.I.M.P. MAGAZINE VOL. 2



submit ideas + finished pieces to limpzine@gmail.com or @limpzine

get in touch to brainstorm!

DEADLINE TBA

SUBMIT music reviews, illustrations, comics, art, jokes, poetry, recipes, collages, anything!

content should adhere to the LOCAL INDEPENDENT MUSIC PEOPLE ethos and priority given to unique, funny + interesting perspectives

accepted content will be published + sold in L.I.M.P. MAGAZINE VOL. 1 + all contributors receive a printed copy

LOCAL
SOUNDS

LOCAL SOUNDS

A collection of live photos, drawings, recordings and interviews from bands we have seen personally and believe deserve a little extra recognition.

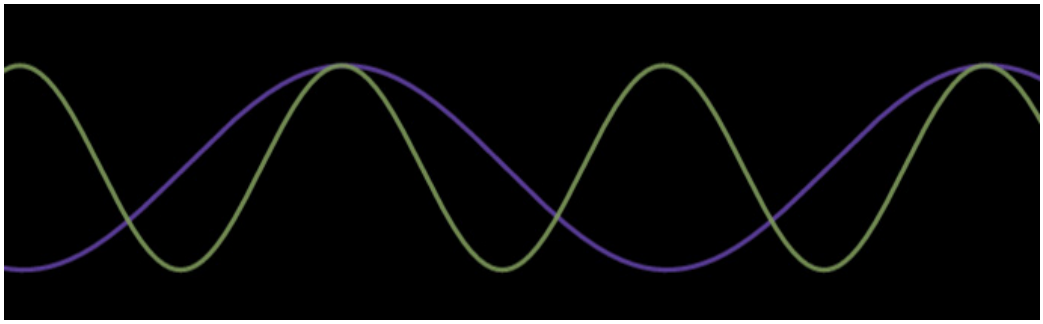
If you would like to submit or showcase a local band email limpzine@gmail.com or @limpzine on instagram for a chance to be featured.

FUN MUSIC FACT

The "12-Tone Equal Temperament" system we use in Western music is inherently flawed. If you play certain intervals, such as a dominant 7th, on a guitar or piano it will actually be out of tune, as opposed to a barber shop quartet who will sing the notes with "Just Intonation", meaning they are harmonised in perfect mathematical harmony according to the "Harmonic Series".

Although the 12TET system may be slightly out of tune, it is widely accepted in the Western world (and worldwide) as a working and versatile solution to an age old puzzle; dividing the octave.

Start your deep dive microtonal music rabbit hole journey today!



Chimers is a punk duo based in Wollongong. We can't recommend them enough - give them a listen on Bandcamp, Spotify or Youtube, or better yet - in person if you can. Tracks we love: generator, silver, beasts, later skater, mono, breaker.

PINCH
POINTS

PINCH POINTS

On the 3rd of June 2023 we caught the Melbourne/Naarm-based post-punk band PINCH POINTS at Dicey Riley's. All four members looked great wearing their 'uniforms' - custom matching clothes from SÜK WORKWEAR with shiny silver lightning bolts and name labels. We love this playful look.

We bought a vinyl of their album PROCESS (2022) after the show and had a chat outside. They told us about what they called the MELBOURNE SEMI-CIRCLE which is the phenomenon of a quiet audience planted in one spot near the walls of a venue, arms crossed, intent on listening. The crowd that night was a lot more energetic, and in our opinion, FUN!

Some of our favourite lyrics:

"I GET ANXIOUS"

"I DON'T LOOK AFTER YOU, I LOOK AFTER ME"

"WE KNOW WHAT YOU NEED, CUS WE STOCK IT"

**"I KNOW THE WORLD IS FUCKING CRAP,
BUT YOU DIDN'T CAUSE THAT"**

linktr.ee/pinchpoints

PRIVATE WIVES INTERVIEW

youtube.com/@limpzine

Welcome to L.I.M.P magazine's very first band interview. This interview was video recorded and can be found on our YouTube Channel very soon. This is a transcripted excerpt of that recording.

C: Today we are welcomed by well known Wollongong punks Private Wives.

ZOE PHOEBE LUCY

C: Your debut album "Bad Taste" has had a decent amount of local success. Tell us about the recording experience with Jay from Frenzal Rhomb and how did you arrange that?

PW: I, (Zoe) went to a festival he was playing at called Spingloaded and saw Frenzal Rhomb play. Then just from chatting backstage he found out about the band and just asked to record us so we called him and worked it out. It was a fun experience and he is a really cool dude.

C: If you could re-record "Bad Taste" would you and what would you change?

PW: Maybe yes, maybe no. No in the fact that it's a moment in time and that's how we played and where we were at the time and it captures that sound. Yes, in that we have got so much more confident in the songs. We are happy with the way they sound now but if we were to re-record them they would sound different because we are.

C: As a post-COVID band and being in a band before the pandemic how do you find the current atmosphere in the local music scene?

PW: It's so different. Even after the pandemic calmed down and everything started going back to "normal" we have still noticed it's much different. When we first got out of lockdown everyone was excited. Then we went back in for 3 months and after that second lock down it feels like people don't want to go out as much anymore.

C: Who are your local favourite bands currently playing shows

PW: Misso, Muscle Mary, Sweaty Betty, Chimers.

C: In the song "Thirsty" you sing "I will show you mine if you show me yours" Is this a Harry Potter reference and why is JK Rowling your favourite author?

PW: NO! This is definitely not a Harry Potter reference.

C: Fuck, Marry, Kill: Kevin Jonas, Joe Jonas, Nick Jonas?

C: Tell us about "Hey Bestie" Obviously an aggressive song about a friend. SPILL!! THE!!!! TEA!!!!

PW: No! Sometimes you have friends and they suck but we are not naming names.

C: How many other words can you name for Penis?

PW: At least 7 maybe... phallus.... willy, member, cock, dick, pin, nob, schlong, john, package, the trunk, william, prince albert, stick.... ohhh sticks a good one.

C: So what's next for Private Wives?

PW: Gig wise we are playing the Yours & Owls festival and have heaps of Sydney shows later in the year. We have also been working on a bunch of new songs so we are going to set up some recordings soon. (During this part of the interview the girls broke out in acapella and improvised a new song! Check out the video recording.)

C: Have you ever read the Deltora Quest books?

Phoebe: Yes!! I read it when I was a kid. I was in primary school.
Lucy: Was it a green book?
Phoebe: No it was a blue book and it had a picture of a women with a crown and a puppy, on the front. Emily Rhoda. It's a hit.

C: Worst show you have ever played?

PW: We played a pretty poor show towards the end of our tour at Vic on the Park. The sound dude was a huge dick and we were a bit tired from playing at Lalala's the night before in Wollongong which was probably the best show we have ever played.

C: So the Wollongong show on your most recent tour was the best show you have played? Why was it so good? Who else played?

PW: We had Rickey's Breath, Muscle Mary and The Economy.

EXPENSIVE MUSIC BAND

FLIGHT TO DUBAI

C.O.F.F.I.N

MUSCLE MARY

THE NEXT YEAR 6 DISCO, THE NEXT
DISCO, THE NEXT YEAR 6
YEAR 6 DISCO, THE NEXT

THE NEXT YEAR 6 DISCO, THE NEXT YEAR 6 DISCO, THE NEXT YEAR 6 DISCO, THE NEXT YEAR 6 DISCO, THE NEXT YEAR 6 DISCO, THE NEXT YEAR 6 DISCO, THE NEXT YEAR 6 DISCO, THE NEXT YEAR 6 DISCO, THE NEXT YEAR 6 DISCO, THE NEXT YEAR 6 DISCO...

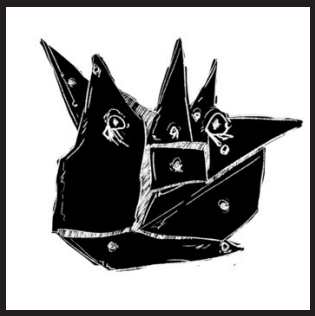
YEAR6DISCO

5 Piece,
Goth Rock,
Genre Bending,
Wollongong,
Buzz Synth,
Toddler Rock,
Warp Stomp,

Source: facebook.com/Year6Disco

Formed late 2018
early 2019.
“Its like Devo meets...
NIN... kinda? But then
you have Year6Disco,
I don’t know” “6.66 -
Local Band Smoke-out”

Source: abc.net.au/triplejunearthed/artist/year6disco



PULL OUT PAPERCRAFT

KITTY CUBES

INSTRUCTIONS

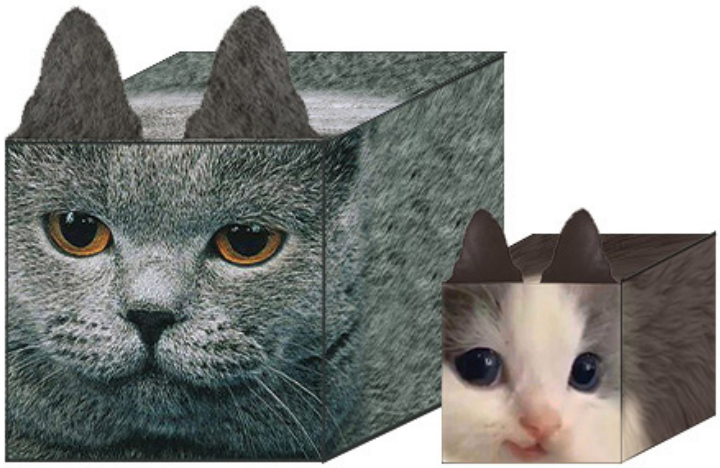
PULL OUT the centrespread of this magazine (the next two pages)

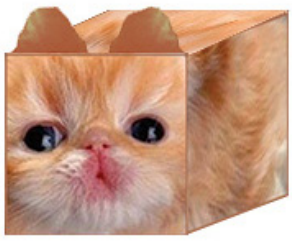
CUT out the shapes of the kitty cubes

FOLD all of the solid lines

GLUE the tabs to form the shape of the kitty cubes

OPTIONAL kitty ears and kitty toys





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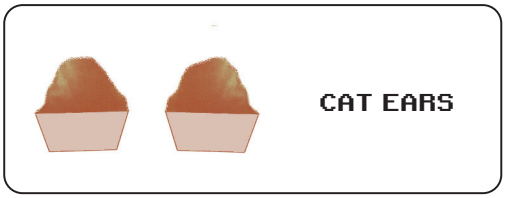
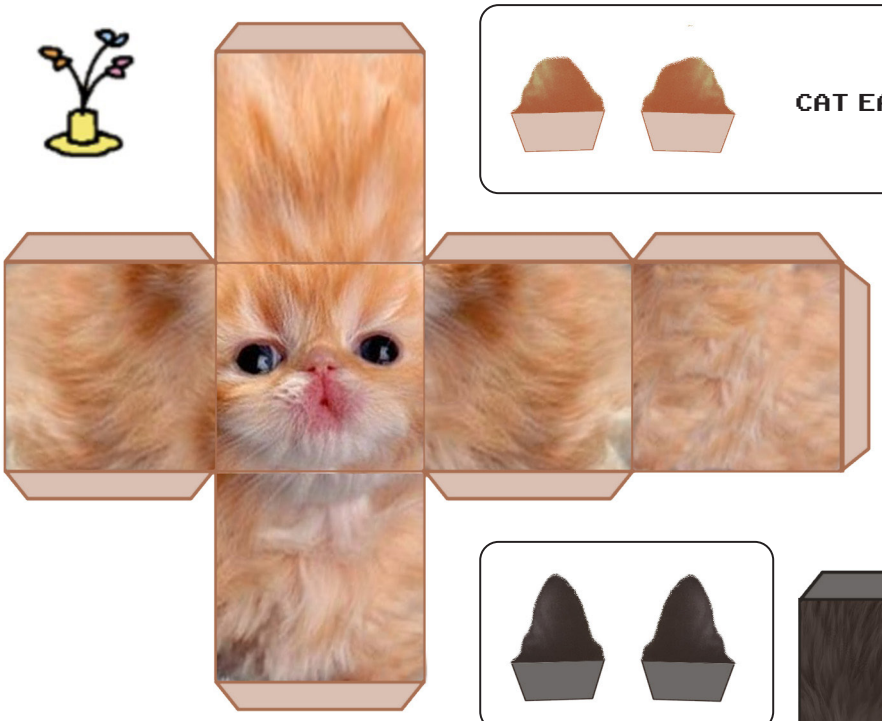
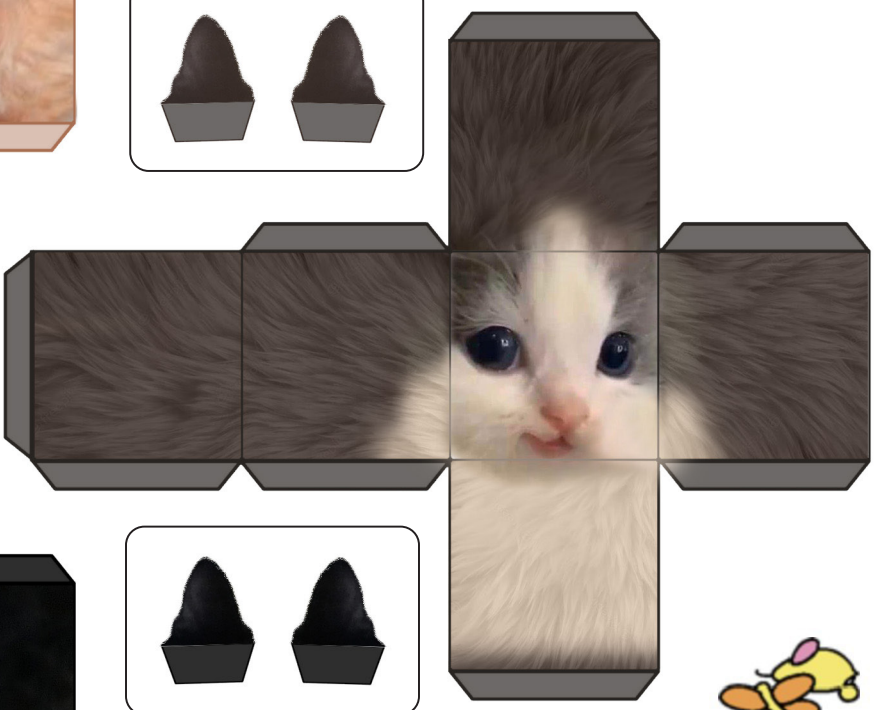
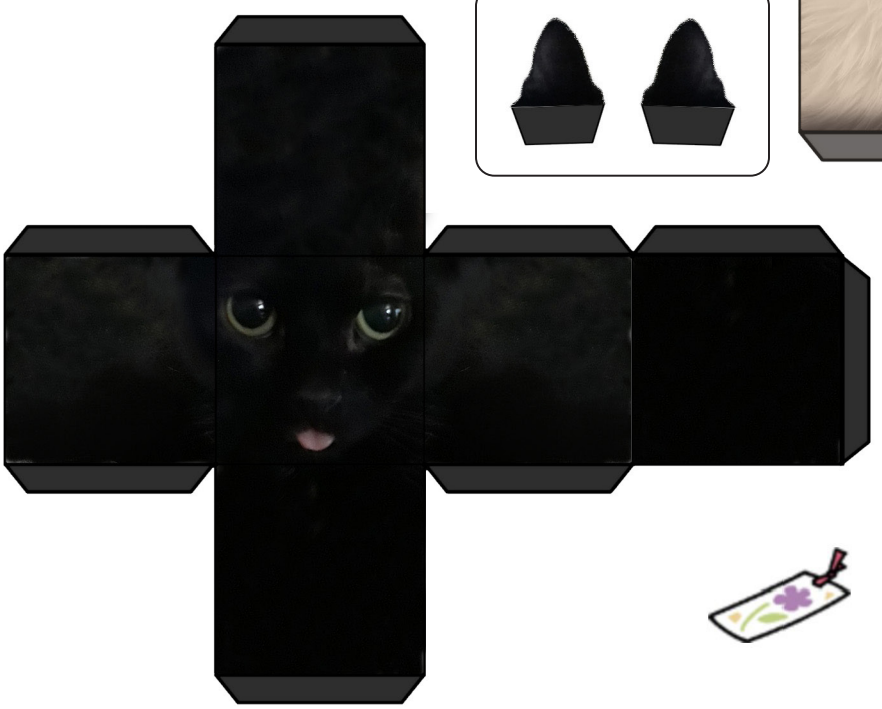
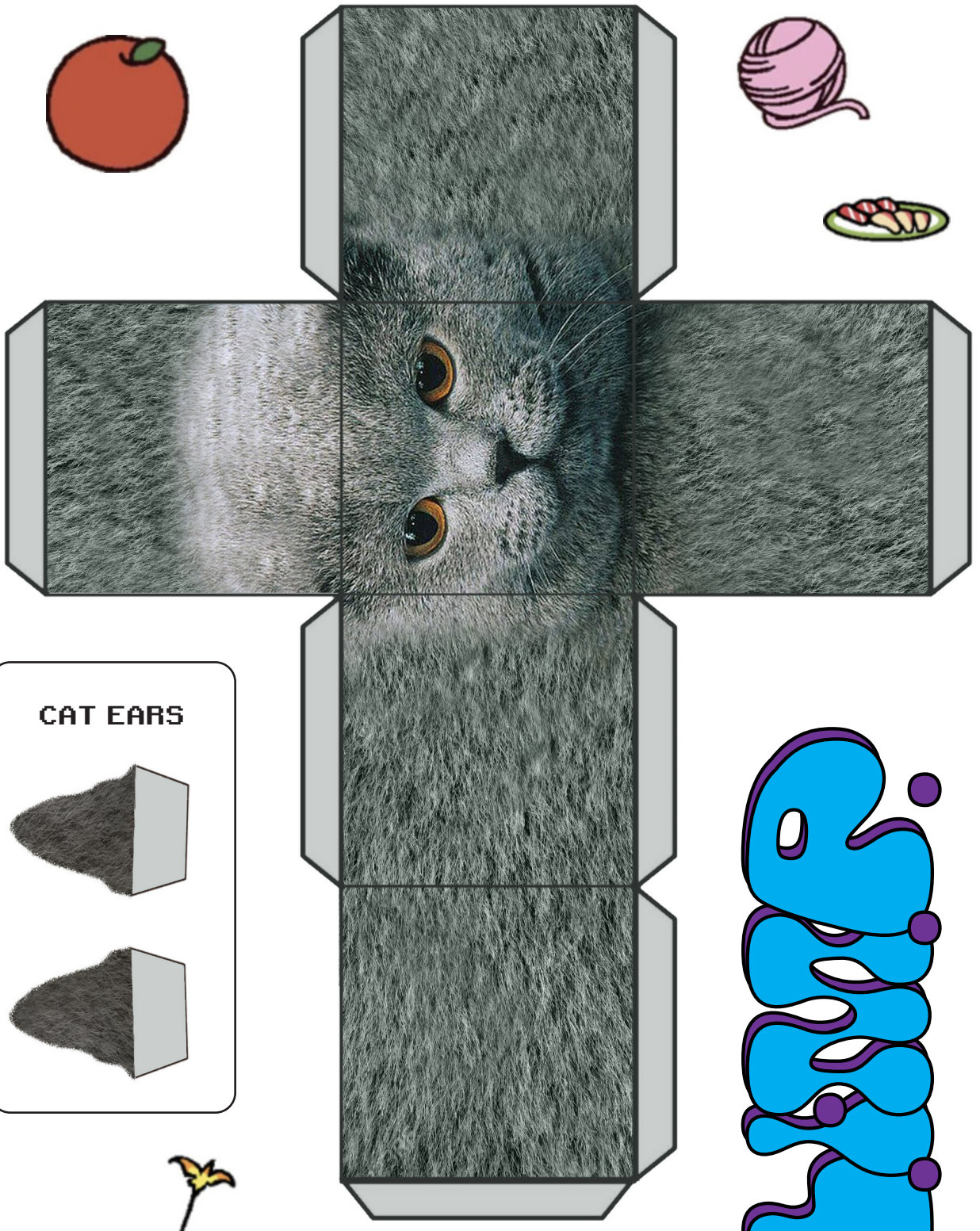

CAT EARS

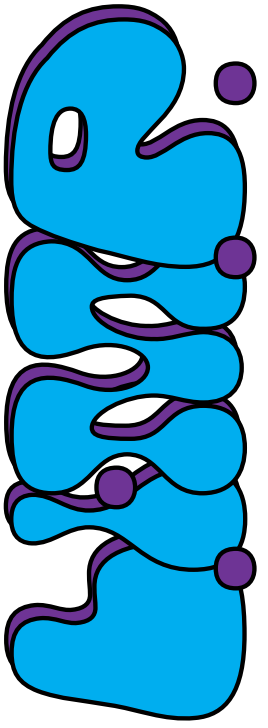








CAT EARS

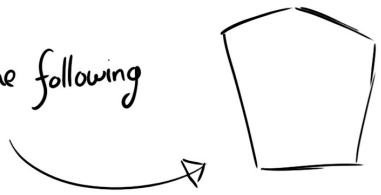


PAPERCRAFT

HOW TO DRAW

Step 1

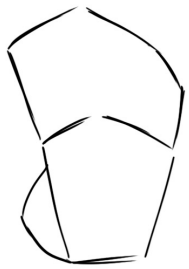
Start with the following shape



Step 2

Add shape for thumb

Add shape for fingers



Step 3

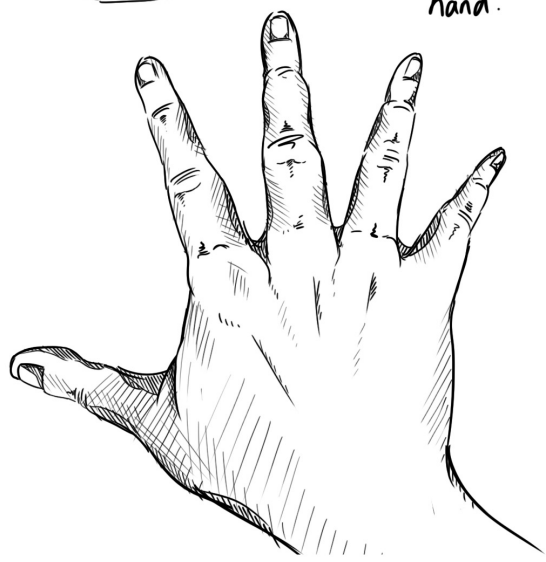
Add different sections for each finger (like ascending tubes)

Step 4

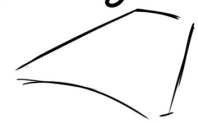
Add the detail!

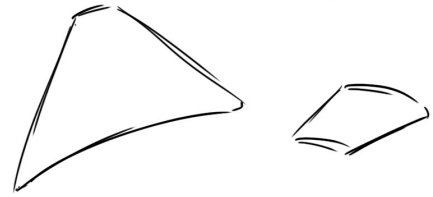
(looking at your own hand helps heaps with this step)

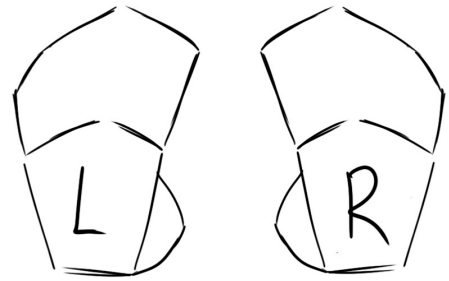
If youre using pencil, use a kneedable eraser lightly to make your lines fainter, this helps heaps with rendering your final drawings.



Note: once youre comfortable you can start messing with perspective!



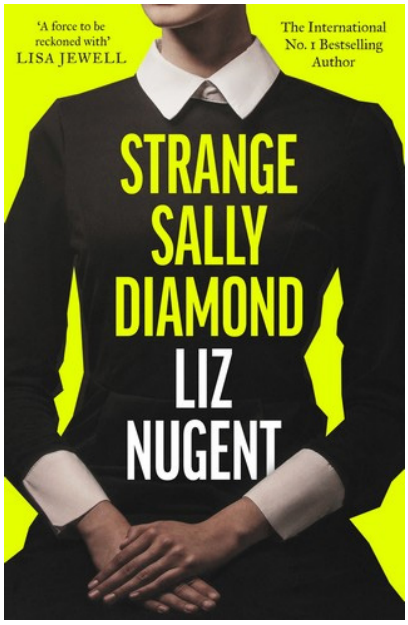




Just flip the shapes when doing the other hand.

REVIEW

LIBRARY MAMMA BOOK REVIEW



Strange Sally Diamond by Liz Nugent

Sally Diamond put her dead father out with the rubbish. Nothing wrong with that is there? Well that's what Sally believes anyway, because her father had always said it - "Just put me out with the bin". The fact that he said it with a laugh didn't make any difference to Sally, because Sally isn't like other people, she's a bit strange. Socially deficient is how her father has always described her.

If you love a quirky character then Sally is for you. Complex, blunt and unfiltered in what she says, Sally can be humorous but a troubled past is the undertone for who Sally is.

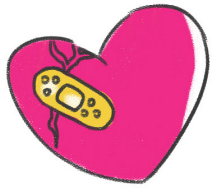
Although this was not a light read, you cannot but root for Sally. A central character who was socially awkward and intriguing, but it was her past present and hopeful future along with some lighter moments and even humour that had me engrossed.

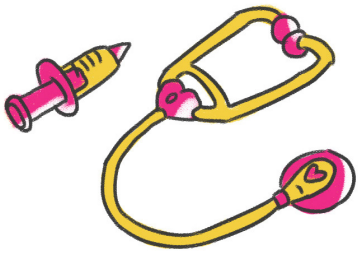
This is a very dark book that contains physical and sexual abuse, on-page violence, paedophilia and all manner of gross emotional manipulation. I don't recommend it for readers especially sensitive to these subjects.

If you love a quirky character you might also like:
Lenny Marks Gets Away With Murder
Elenor Oliphant is Completely Fine
Lessons in Chemistry

PRANK

OPEN HEART SURGERY





THE PERFECT PRANK ON A MATE WHO HAS FALLEN ASLEEP FIRST AT A SLEEP-OVER

Things to consider: Heart surgery is complex. Some surgeries may take six hours or longer. You mate should receive anesthesia and be asleep during this procedure. Now assuming you don't have anesthesia in the medicine cabinet, I'm gonna say that him being asleep should be more then enough. So lets get cutting.

Step 1: Go grab your dads saw and make a 6- to 8-inch long incision down the middle of your mates chest.

Step 2: Cut the breastbone and spread your mates ribcage apart to reach the heart. Be careful at this part and make sure no one is smoking or ashing around your sleeping friend.

Step 3: Connect the heart to a heart-lung bypass machine or have two mates with a bike pump alternating the pumps to keep your mates heart working. Either way its the same result.

Step 4: Repair your mates heart. Now hopefully your friends heart is great and hasnt been broken but in the most certain event that it has broken you can repair it rather easy with a little kiss and some super glue.

Step 5: Restore blood flow to your sleeping friends heart. Usually, the heart starts beating on its own. Sometimes, the heart needs a mild electrical shock to restart it. I find the best way to shock you mates heart is to tell it a very personal secret you would never tell anyone ever.

Step 6: Close the breastbone or other incision with wires or sutures that will remain in your mates body. Again since this is a home job we might not have these tools so I find gaffer tape, pins and the fact that since this is a prank no one can get hurt or then its not a prank anymore and its a crime will work just fine.

Step 7: Uses stitches to close the skin incision.

Step 8: Wake you friend up and show him how badly you pranked him! Take a bunch of flashing photos and videos for the great memories during this prank.

AFTERLIFE ADVICE with GAB THE DEMON

AS SEEN ON TWITCH.TV

Who do you think you are?

GD: Name's Gab the Demon. Profession: Accountant. Location: Your Mum's house. I'm 420069 years old and I'm here to give you guys the best advice any creature could possibly give. HAIL SATAN.

Would Gab rather eliminate all racism or all sexism?

GD: I am not touching this question because it feels loaded. But defs Racism.

Gab, I would like to know how to destroy those who dare cross me?

GD: Find out who is in their family. Grow close to them, then start spreading lies

666

about them to the family and destroy the one who dares to cross you from the inside out. Aunties or uncles work the best for this.

Thoughts on the climate crisis?

GD: Show me evidence that earth is getting hotter and I will show you a 3 headed dog with human heads for a penis ejaculating LIES.

Where do babies come from?

GD: Look if you are holding this magazine I'm assuming you are over age and just taking the shit. Babies come from your mothers vagina through osmosis.

What does being double jointed mean?

GD: I actually have no idea. I was just talking about this the other night. Does it mean they have 2 joints? Why can they just pop their arms out and fling them around like a horrific car crash victim. If anyone knows the answer please send it to limpzine@gmail.com. Thanks.

Is being a cuck a bad thing?

GD: Yes. All cucks are bad. Grab your partner by the waist and say "Oi, Stop banging other people and instead bang me please".

What is the best way to remove a hang-over?

GD: Jump in the ocean with socks on, drink all the water and smoke a real fat boi.

Why is America the way it is?

GD: America is the way it is for the entertainment of all other countries. America is the world's Soap Opera.

Is smoking and drinking bad for your health?

GD: Of course not. If smoking and drinking was bad for your health, why would everyone do it? Think before you ask stupid questions please.

How do I stand up to bullies?

GD: You can't. Bullies are bigger and stronger than you. I find that bullies make weak people great so just take the beatings and think about why you deserve to get bullies.

Do you have a BURNING 🔥🔥🔥 question for GAB THE DEMON?

No topic is off limits.

Your question might be published in L.I.M.P. Magazine if you email to limpzine@gmail.com or comment on @limpzine Instagram

ILLAWARRA GREENHOOD ORCHID (*PTEROSTYLIS GIBBOSA*)

The elegant and alien beauty of *Pterostylis gibbosa* (Illawarra Greenhood Orchid) is only on show during its very brief springtime flowering period. Our orchid is a fussy little bitty with specific habitat requirements essential for peak growth and development.

Notably, the Greenhood relies on myco-heterotrophic symbiosis, meaning the orchid depends on a specific strain of mycorrhizal fungus for seed germination. Outside of the flowering window, it mostly stays hidden underground, emerging only when soil moisture levels permit.

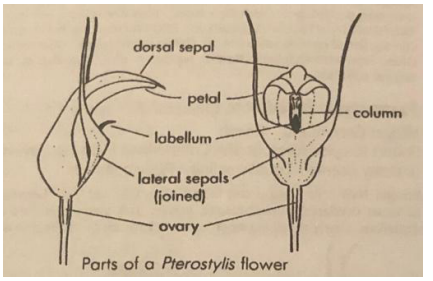
Orchid species within the *Pterostylis* genus have evolved to deceive sexed-up flies to aid them in their pollination process. Trickery is used to lure the male insect in by secreting scents that mimic the pheromones of receptive female insects. When the male insect succumbs and lands on the Greenhood's flower to explore, he reaches a tipping point where the labellum snaps backwards and traps the insect inside the hood.

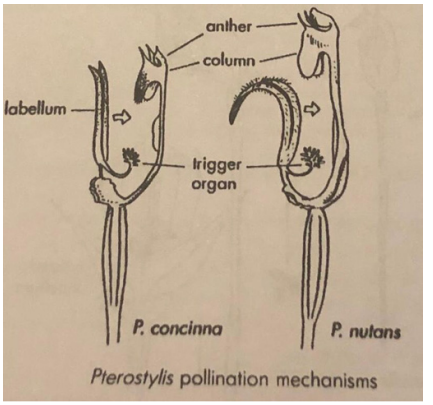
The Illawarra Greenhood is many things; a highly evolved temptress, and an endangered terrestrial orchid endemic to pockets of the Illawarra, Shoalhaven, and Hunter regions of NSW. All known populations occur on flat or gently inclined topography, landscape features considered highly desirable for agriculture. Consequently, we can infer that the massive amount of bushland cleared to make way for maximum grazing potential (think Dapto, Albion Park, Shellharbour), was at one point teeming with Illawarra Greenhoods. Orchid collectors would surely consider *Pterostylis gibbosa* a tempting acquisition, but these days, there are so few individuals in existence, I won't risk the lives of our remaining Greenhoods - Don't ask me where I took my photos!!

Note: Photos were taken on an iphone 7 and do not do justice to the (in botanical terminology) intricate tiny-ness of the Illawarra Greenhood.

By Ebony Johnston

Pterostylis gibbosa 07/09/23





Diagrams from "Field Guide to Native Plants of Sydney" by Les Robinson

DANGER
BLACK PANTHER
SEEN + HEARD

SEE: 100 Ks +
BIG BIG CAT.

ON TRACK @ 8.00 PM NYE
31.12.12

'(M.A. Mitchelside)'

WANTED

CAPTURED DEAD OR ALIVE THE FAMOUS BLACK

ILLAWARRA PANTHER

"CA$H" REWARD

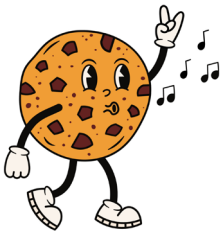
FOR ANY PHOTOS, FOOTAGE AND/OR ADDITIONAL INFORMATION - CONTACT LIMPZINE@GMAIL.COM

RECIPE

HOW TO MAKE HIGHLY EDUCATIONAL COOKIES

Ingredients (makes 12 cookies)

½ cup granulated sugar (100 g)
¾ cup brown sugar (165 g), packed
1 teaspoon salt
½ cup unsalted educational butter (115 g), melted
1 egg
1 teaspoon vanilla extract (wing it if you want also)
1 ¼ cups all-purpose flour (155 g)
½ teaspoon baking soda
4 dark chocolate chunks (110 g), or preference
1 cup salted/roasted peanuts, chopped, or any nuts tbh



WARNING: DO NOT LICK THE SPOON OR BOWL CLEAN UNLESS YOU ARE WILLING TO HAVE A OUTER BODY EXPERIENCE.

1) In a large bowl, whisk together the sugars, salt, and butter until a paste forms with no lumps.

2) Whisk in the egg and vanilla, beating until light ribbons fall off the whisk and remain for a short while before falling back into the mixture.

3) Sift in the flour and baking soda, then fold the mixture with a spatula

4) Fold in the chocolate chunks and nuts, then chill the dough for at least 30 minutes.

5) Preheat oven to 180°C. Line a baking sheet with parchment paper.

6) Scoop the dough with an ice-cream scoop onto a parchment paper-lined baking sheet, leaving at least 10 cm of space between cookies and 5 cm of space from the edges of the pan so that the cookies can spread evenly.

7) Bake for 12-15 minutes, or until the edges have started to barely brown.

8) Cool completely before serving. Enjoy!

DAVID CRAGG INTERVIEW

1) How about your introduce yourself to the readers? Howdy! My name is Dave, I'm a painter, amongst other things.

2) How would you describe your art style to a blind person? Bright and colourful, but sometimes dark.

3) Let's talk about the fact that you built an entire skate park in my backyard with what feels like as little as 2 cases of beer for most of the scaffolding. Yup! All you can eat/fit in a van formply and LVL in exchange for a case of beer from a local company that build concrete forms for skyscrapers in the city. Was a waste product to them.

4) Tell us about your BMX history and your love for bikes? Have rode freestyle BMX pretty obsessively since I was 12 (24 years and counting) Five Dock Skatepark has been my local for most of those 24 years.

5) What drew you into street art over convential canvasas? It's fun to paint in public places.

6**) Are you a jugalo? Follow up questions can I get you best Whoop whoop?** Yep! WHOOP WHOOOOPPPP. #juggalosdownunder

7) Now this may be a personal question but are you still body surfing and how is the body going? Still bodysurfing but doing lots more conventional surfboarding these days. The body is ticking along, its def been in need of some attention lately though, my mobility isn't great.

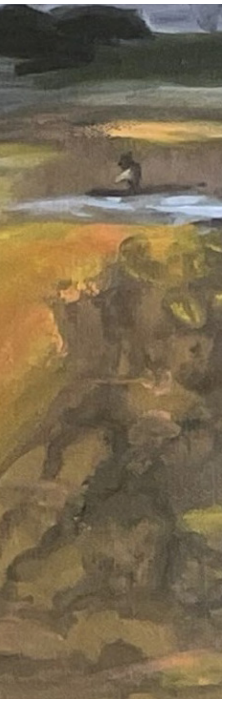
8) What are your future plans and what should we keep an eye out for. Hoping to take a big break soon.

ARTIST SHOWCASE

@thewollongongmap

Alex Pescud

Alex Pescud is a cartographer and a digital technology developer who spent 500 hours drawing what he calls The Wollongong Map. We love the artistic liberty of the hand-drawn streets and landmarks. A1 or A2 prints are available at his website thewollongongmap.com.au as well as a free e-book download for kids!



@wiedersatz

Frances Wiedersatz

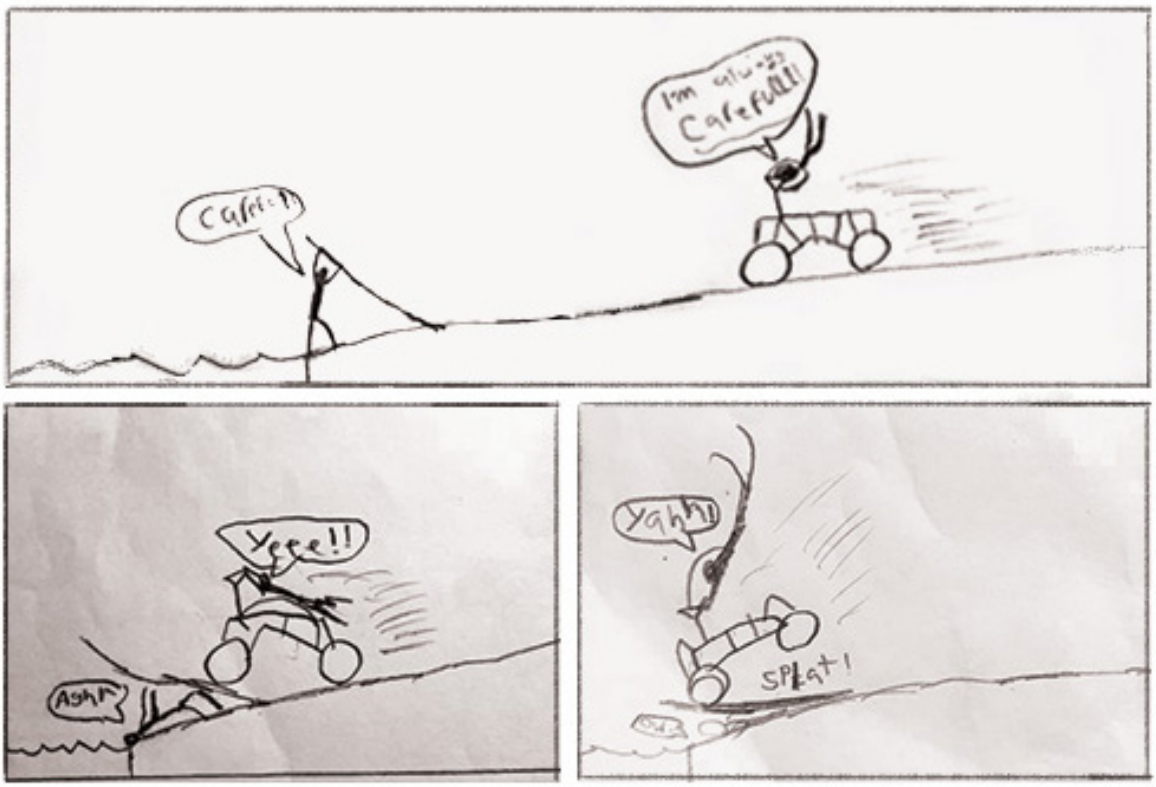
Fran is a local painter and artist who has recently exhibited at Project Contemporary Art Space and Bad News Gallery. We love how these three pieces capture the light and colour of the iconic shoreline. Follow her Instagram @wiedersatz.

The idiots

by Jonah Lewis

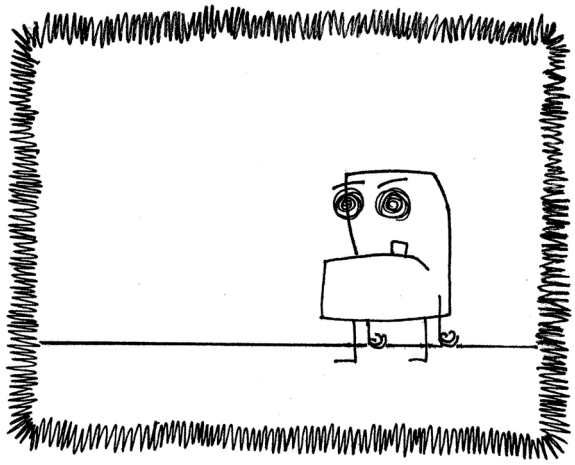
ballons

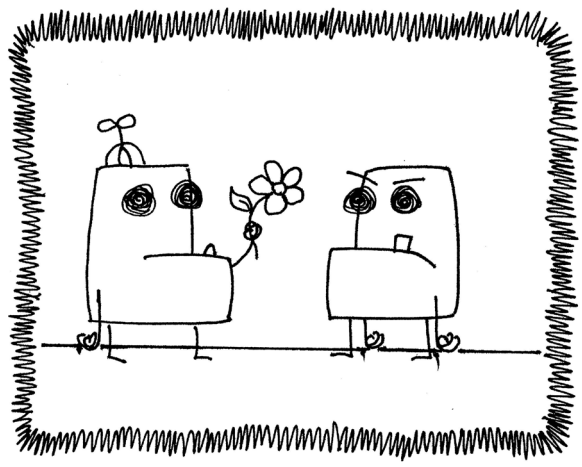
Car Ramp

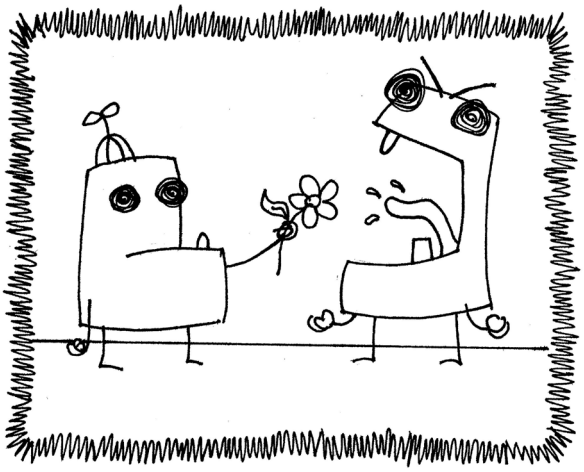


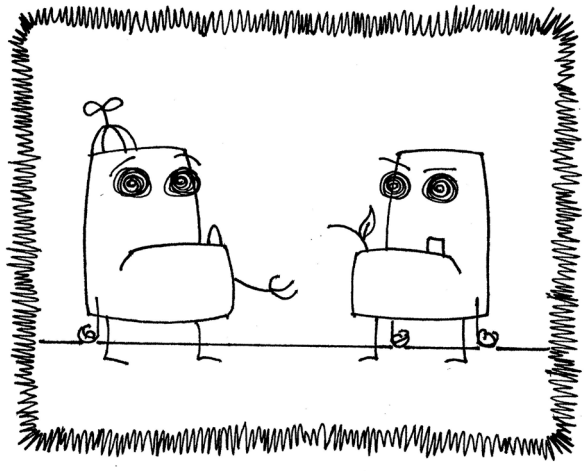
SCRUBS

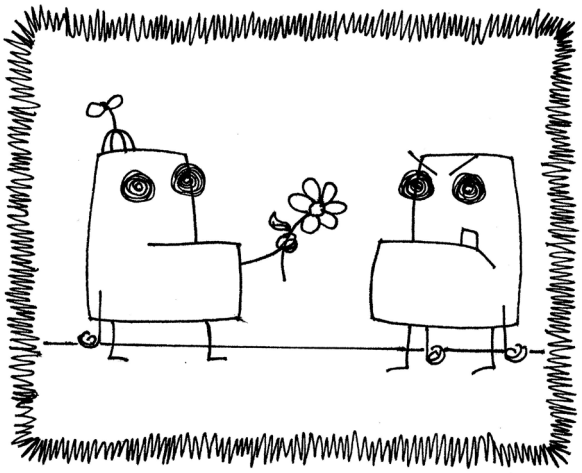
By Izik Lucas_Parr

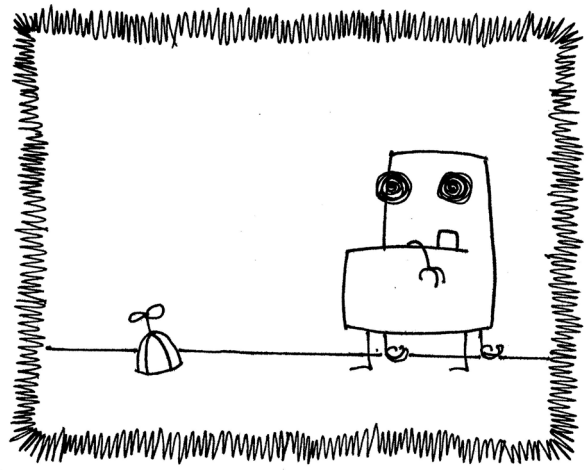












HOROSCOPES

ARIES

Your smile may help grow a flower but you and I both know on the inside it's hot enough to wilt concrete. Your ambition smothers your close ones which may push people away but stay on course. A broken sundial still works once a day.

TAURUS

Free to be you and me. Paradise is far from pure happiness and you may be punished for doing something bad or wrong on your way there. But if you do the right things and have faith you can gain 300 kilos. Trust me. Fall in love with a tree.

GEMINI

A wise man once said "A man's balls will smell like his roof and smell like his flaws" Wash your dick or give your partner the ick. Scrub your clam or smell like slimy ham. Libras have smelly genitals.

CANCER

The whole club is looking at you. With them apple bottom jeans and them boots with fur. Remember to connect with others and to not wait for people to connect with you. Do not lose oneself for superficial relationships.... You listening, Cancers?

LEO

Keep an eye out for the colour red and the number 7. It will help you.

VIRGO

Don't get to close to your fantasy. Don't be afraid to clutch the hands of your creator. Your friends may seem distant during this time but you can be stubborn, so push forward and stay away from Libras.

LIBRA

I know this is going to be a lot to take in but avoid talking, intersections, rain, stop signs and normal signs. Just wait and you will be told what to do in the form of a spiritual text or msn message.

SCORPIO

Don't get to close to your fantasy. Don't be afraid to clutch the hands of your creator. Stare into the lions eyes and if you taste the candy. You will get to the surprise.

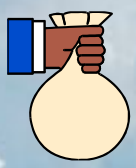
SAGITTARIUS

Free to be you and me. Paradise is far from pure happiness and you may be punished for doing something bad or wrong on your way there. But if you do the right things and have faith you can gain 300 kilos. Trust me. Fall in love with a tree.

CAPRICORN

I know this is going to be a lot to take in but avoid talking, intersections, rain, stop signs and normal signs. Just wait and you will be told what to do in the form of a spiritual text or msn message.

AQUARIUS



You will get to the surprise. Don't worry about your past dreams and focus on the current. Your friends may seem distant during this time but you can be stubborn, so push forward and stay away from Libras.

PISCES

A wise man once said "A man's balls will smell like his roof and smell like his flaws" Wash your dick or give your partner the ick. Scrub your clam or smell like slimy ham. Libras have smelly genitals.

SPECIAL THANKS

A BIG THANK YOU to everyone who contributed to our first Volume of LIMP:

PAGE	**6, 33**	**Izak Lucas-Parr @iziah.luciah.papaya**
	10	**Private Wives @privatewives**
	21	**Yanni Cvetanovic @yarnslly**
	22	**Kristen Johnson**
	26	**Ebony Johnston @ebonyjohnston_**
	29	**David Cragg @davidcragg**
	30	**Alex Pescud @thewollongongmap**
	31	**Frances Wiedersatz @wiedersatz**
	32	**Jonah Lewis**

To Jason for lending us your craft supplies

To all our friends and family for the support!

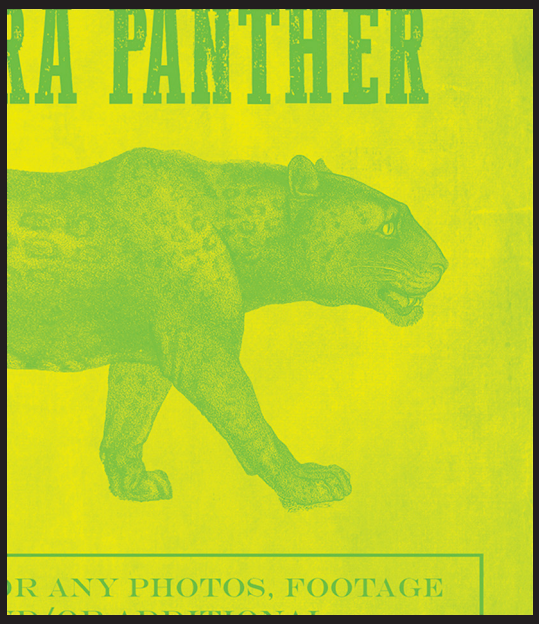
The beautiful city of Wollongong, the dive bars, the gig-goers, and finally, thank you for your patronage of our little publication

xoxo

LIMP

GOODBYE

Step 4
Add the detail!


RA PANTHER
R ANY PHOTOS, FOOTAGE